

Important Nutrients for You and Your Child

Iron



Iron helps babies with brain development and growth. In children and adults, iron helps move oxygen through the body and fight off infections. Iron can also be beneficial for the strength of your hair, skin, and nails.

Preventing Iron Deficiency

Experiencing low iron levels can make a person feel dizzy, weak, or tired. To help make sure your iron is within a normal range, consume these foods with each meal:

- Red Meats
- Poultry
- Fish and Seafood
- Peanut Butter
- Beans
- Egg Yolks

The body can soak in more iron when consumed with vitamin C-rich foods such as these:

- Broccoli
- Oranges
- Spinach
- Grapefruit
- Bell Peppers
- Pineapple

Folic Acid

Folic acid is a B vitamin important for people of all ages, however it is especially important in pregnant or soon to be pregnant women. High levels of folic acid will help prevent birth defects of your new baby's brain and spine.

Sources include:

- Leafy Green Vegetables
- Fruits
- Enriched Breads and Cereals
- Dried Beans, Peas, and Nuts



Prenatal vitamins also contain enough folic acid for the day so be sure to take those daily!

FYI: Gummy vitamins do NOT contain iron!

***See back for a yummy Taco Soup recipe!**

Fond du Lac County Immunizations

If you have insurance through an employer, you should see your doctor for immunizations. **If you have Badger Care/Forward Health, vaccines are available at the FDL County Health Department on the 2nd Monday of each month from 3:00-5:00 PM.** Please call before coming to make sure vaccines are available. If you have any questions, please call the Health Department at 920-929-3085.



NewsWIC

Fond du Lac County Health Department

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Breastfeeding Corner

Exercise and Breastfeeding

Moderate exercise can help improve mom's mental health and can have a positive effect on her well-being! Recent research has shown that exercising will not affect your milk supply or milk composition! So no- your milk will not taste sour or gross to baby!

Here are a few simple helpful tips

- Nurse/pump before you work out
- Wear a good supportive bra (especially if you are doing intense work outs involving running, jumping etc.)
- Rinse off before you nurse baby again! If you find that baby is not nursing as easily, it may be the salty sweat from your work out!
- Stay hydrated!

You can do a quick work out at home with baby right next to you! Here are some workouts at home to do with NO EQUIPMENT NEEDED! (10 reps x3)



Taco Soup

Directions

- Brown meat and onion, drain and add remaining ingredients. Bring to a boil then reduce heat and simmer 30 minutes. 2 points per cup!

INGREDIENTS:

- 1 lb. extra lean ground beef or 1 lb. **turkey**
- 1 large **onion**, diced
- 2 (15 ounce) cans **chili beans**
- 1 (15 ounce) can zesty beans (I use S&W chili beans in a zesty sauce)
- 1 (15 ounce) can **black beans**, drained
- 1 (15 ounce) can **corn**, undrained
- 1 (15 ounce) can **tomato sauce**
- 1 ½ cups **water**
- 1 (4 1/2 ounce) can chopped **green chilies**
- 1 (1 1/4 ounce) package taco seasoning
- 1 (1 ounce) envelope ranch dressing mix



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